

## ***Heel Spurs***

### *Symptoms*

The heel bone is the largest bone in the foot. It is the first part of the foot to strike the ground while walking and it supports 50% of your weight while standing. A heel spur is a bony growth that usually begins on the front of the heel bone where the muscle of the foot attaches to the heel bone. In adults, heel spurs usually develop on the underside of the heel bone.

### *Causes*

While some heel spurs are painless, others will cause pain on the bottom of the foot and arch and may require medical or surgical treatment. Heel spurs occur in about half of the people who have plantar fasciitis. Heel spurs can irritate nerves and cause pain.

- Over-stretching the plantar fascia ( the band of tissue that connects the heel to the ball of the foot)
  - Muscle imbalance
  - Structural deformity
  - Obesity
  - Trauma
  - Improper warm-up or over-training
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- Proper fitting footwear (ie: good arch support, heel support, lace/velcro closure)
  - Wear proper shoes for each activity
  - Warm-up stretching before & after exercise
  - Avoid standing on concrete for long periods
  - Seek medical attention:
    - If the pain in your heel is restricting your activity
    - If the pain occurs at night or while resting
    - If the pain persists

### *What can I do?*

Clients with diabetes or poor circulation are encouraged to seek professional help.

If you are looking for a foot care nurse, refer to the foot care nurse website at [www.footcarenurse.ca](http://www.footcarenurse.ca)



***Information provided by:***

***Manitoba Association  
of Foot Care Nurses***

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